

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Lane Swim 6:00am-8:25am 6 lanes	Lane Swim 6:00am-2:00pm 3 lanes	Lane Swim 6:00am-9:25am 3 lanes	Lane Swim 6:00am-8:25am 6 lanes	Lane Swim 6:00am-8:25am 3 lanes	Lane Swim 7:00am-9:00am 6 lanes	Swim Club 7:30am-11:30am 6 lanes & leisure
Leisure Swim 6:00am-9:30pm	Lifesaving Club 7:15am-9:15am 3 lanes	Lifesaving Club 7:15am-9:15am 3 lanes	Leisure Swim 6:00am-9:30pm	Leisure Swim 6:00am-9:30pm	Leisure Swim 7:00am-6:00pm	Lane Swim 11:30am-2:30pm 3 lanes
Blended Aquafit 8:30am-9:30am Main pool	Leisure Swim 6:00am-9:30pm	Leisure Swim 6:00am-9:30pm	Blended Aquafit 8:30am-9:30am Main pool	Swim Club 6:15am-7:15am 3 lanes	Swim Lessons 9:00am-1:00pm 3 lanes	Swim Lessons 11:30am-2:30pm 3 lanes & leisure
Swim Lessons 10:00am-11:30pm Leisure pool		Blended Aquafit 9:30am-10:30am Main pool	Lane Swim 9:30pm-2:00pm 3 lanes	Blended Aquafit 8:30am-9:30am Main pool	Lane Swim 9:00am-1:00pm 3 lanes	
Shallow Aquafit 10:00am-10:45am Main Pool		Swim Lessons 10:00am-11:30pm Leisure pool & 3 lanes		Shallow Aquafit 10:00am-10:45am Main Pool		
Afternoon						
Public Swim 12:30pm-4:00pm 1 lane	Physio Swim 12:30pm-2:00pm 3 lanes	Public Swim 12:30pm-4:00pm 1 lane	Physio Swim 12:30pm-2:00pm 3 lanes	Public Swim 10:45pm-9:30pm 1 lane	Public Swim 1:00pm-6:00pm 1 lane	Public Swim 2:30pm-8:30pm 1 lane
	Public Swim 2:00pm-4:00pm 1 lane		Public Swim 2:00pm-4:00pm 1 lane			
Evening						
Swim Club 4:00pm-6:30pm 4 lanes	Swim Lessons 4:00pm-7:00pm Leisure & 2 lanes	Swim Club 4:00pm-6:30pm 4 lanes	Swim Lessons 4:00pm-7:30pm Leisure & 2 lanes			
Swim Club 6:30pm-8:30pm 4 lanes	Swim Club 4:00pm-6:30pm 4 lanes	Swim Club 6:30pm-8:30pm 4 lanes	Swim Club 4:00pm-8:30pm 4 lanes			
Lane Swim 4:00pm-8:30pm 2 lanes	Blended Aquafit 7:00pm-8:00pm Main pool	Lane Swim 4:00pm-8:30pm 2 lanes	Public Swim 7:30pm-9:30pm 1 lane			
	Public Swim 8:00pm-9:30pm 1 lane					
Leisure Pool: A shallow, family friendly section of the pool. Also includes the lazy river, hot tub and sauna. Public Swim: Includes the main pool, diving board, leisure pool, hot tub and sauna. Lane Swim: A time when lanes are available for lane swim.						